

SENIOR REPORTER

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JULY 2021

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Judge Judy

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FOURTH *of* JULY

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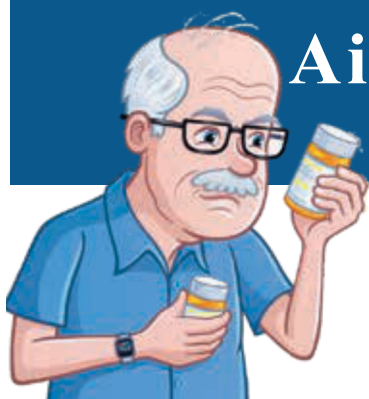
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Ailments and the Future

By Jim McDevitt

In my senior years, I have developed knowledge about many illnesses. Each year that goes by I can accumulate another ailment. One doctor once was astounded I was still walking after he looked at X-rays of my feet. I have a weekly pillbox that is filled to the brim with pills that I take each day. My next new malady will require an additional weekly pillbox. I'm a pharmacist's dream customer as he smiles broadly each time he sees me entering his pharmacy.

The good news is that I have prescription coverage with my supplemental medical insurance in addition to good old Medicare. As though my medical needs are contributing to the national deficit in a big way. I am sure of it when I get the billing statements and see what Medicare has paid for my care. I may be the reason everyone's monthly Medicare charge keeps going up. Who knew when I was 14 years old working at my first job delivering groceries after school the importance of what was being deducted from my pay for Social Security taxes.

I have so many ailments that a medical school pays me to visit and lets the new student future doctors guess what ailments I have when I describe my symptoms of each illness. I am always impressed with the student's knowledge, but I always have at least one ailment that they can't figure out. As one of my friends has said, 'It's the Golden Years all right in business for the doctors.' I can attest to how true that statement is.

If I keep up my progress in acquiring new illnesses, I might be teaching in medical school someday. If it weren't for us seniors many pharmacies would go out of business. For years, my wife said I didn't listen when she said something, but I proved her wrong when I went to an audiologist, and he said I needed hearing aids. I proved her wrong when I came home with my first set of hearing aids. However, she still says I don't listen to what she says. Our travel these days is confined to doctor visits or tests required by doctors to detect new ailments. Still, we learn new things.

I now drive a keyless car. If I'm on the highway and forget to turn on my

turn signal when changing lanes, the car takes control of the wheel and forces me to stay in my lane until I put on my turn signal. It doesn't fool around either. One day my wife was driving, and she started to change lanes without turning on her signal, suddenly we were jerked abruptly back into our lane so hard that I thought my head would come off. This car has a mind of its own.

I don't even want to think of the day when we have driverless cars. I guess though that could be good in some ways because all cars would obey the speed limits and signal when they changed lanes. I wonder though if they will be able to detect red light and stop and then go on the green signal? I wonder how they will park themselves in a congested parking space in the city. I am 100% sure though that they won't be putting a quarter in the parking meter.



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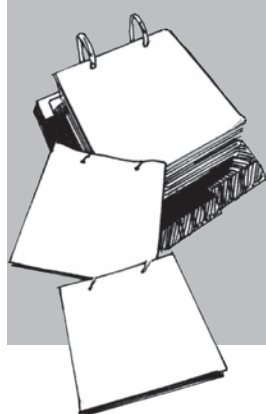
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July Calendar of Events



Summer is in full swing, and COVID-19 mandates have been lifted for the most part. It's time to get back to normal and have some fun be it festivals or food events, plenty is happening in July.

Just be sure to check with the venue however before heading to any of these events to make sure, they are open and ready for visitors.

Brea Country Fair

Brea

July 3

9 a.m. to 3 p.m.

Come out for the annual Brea Country Fair for food, games, kids' activities, rides, live entertainment, and more. Auto enthusiasts can bring their cars and park on Walnut to reconnect and view other classics and custom cars. At, City Hall Park, 401 S. Brea Boulevard, Brea.

D. Yoder Family

Sundays

Casa Romantica

San Clemente

July 11

10 a.m. to 2 p.m.

Free admission to Casa Romantica to watch creative activities and performances based on Casa Romantica's programming. D. Yoder Family

ly Sundays are held on the first Sunday of each month with activities and programs for all ages. At, Casa Romantica, 415 Avenida Granada, San Clemente.

Sawdust Festival

Laguna Beach

July 2 to Sept. 5

10 a.m. to 10 p.m. daily

The Sawdust Festival began in 1966 and has become a well-known annual event in Laguna Beach featuring artwork from more than 200 local artists including paintings, sculpture, photography, clothing, and more. The festival includes a variety of unique events throughout the summer including theme days such as Country Western Day, Mardi Gras Day, and Beatles Day. Visitors can also enjoy Taco Tuesday, Art Alive!, fashion shows, auctions, and live entertainment from musical acts and roving performers. Food and refreshments are available for purchase at the festival from a selection of vendors including Deb's Deli, the Sawdust Saloon, Fran's Popcorn, Evan's Gourmet Bistro, and more. The family-friendly event offers something for art lovers of all interests. Classes are also available during the Sawdust Festival. At, 935 Laguna Canyon Road, Laguna Beach.

Festival of Arts

Laguna Beach

July 5 to Sept. 3

Weekdays 12 p.m.

to 11:30 p.m.; and

Weekends 10 a.m.

to 11:30 p.m.

The Festival of Arts of Laguna Beach is a community tradition that has taken place since 1932, along with Pageant of the Masters. The festival displays artwork from 140 artists from Orange County, displaying all forms of art including paintings, jewelry, clothing, wood, sculpture, and more, most of which are available to purchase. The event also features art workshops for all ages, demonstrations, art tours, live entertainment, and more. There are on-site restaurants to enjoy and a variety of unique events including concerts on the green, fashion shows, Tribute Tuesdays, Art & Story Time, Family Art Day, and more. Tickets range from \$5 to \$15. At, 650 Laguna Canyon Road, Laguna Beach.

Pageant of the Masters

Laguna Beach

July 7 to Sept. 3

The Pageant of the Masters is a Laguna Beach tradition that began in 1932. Every year, the community comes together to put on a 90-minute theatrical performance, bringing a selected classic or

contemporary artwork to life on stage with live actors, recreated artwork as the set, and musical accompaniment by a full orchestra. A narrator tells the story of a famous work of art, taking audience members through a theatrical experience unlike any other. Guests are allowed to bring their food and drinks, and guests over 21 may bring their alcohol. There are also two on-site restaurants to purchase food and drinks at the event. Attendees to the Pageant of the Masters may also enjoy the Festival of Arts event. At, 650 Laguna Canyon Road, Laguna Beach. Showtimes vary. Tickets range from \$15 to \$240.

Mission Fest

San Juan Capistrano

July 10

The Mission Fest in San Juan Capistrano's premier music, food, and wine event featuring live music, games and activities, beer, and wine, and more. Musical performances by: Midland, Devin Dawson, The White Buffalo, Daring Greatly, The James Kelly Band. At, The Outpost at Rancho Mission Viejo Riding Park, 30753 La Pata Road, San Juan Capistrano. Tickets: \$79 to \$250.

Orange County Fair

Costa Mesa

July 16 to Aug. 15

The Orange County Fair is the event of the summer. People from all over Southern California can come to the family-friendly event at the Orange County Fairgrounds. The fair food will offer big and small with eats and treats for every appetite from traditional favorites like roasted corn on the cob and funnel cake, to new and unique options like Caramel Crack Fries and spaghetti donuts. The Pacific Amphitheater will feature headlining musical acts and performances, and local entertainment is featured in The Hangar. Take a ride on the Ferris Wheel and other classic fair rides or try one of the many carnival games. Exhibits, shopping, vendor display booths, and unique events are located throughout the fairgrounds. Get your fill of action at the Sports Arena with rodeos, derbies, monster trucks, and much more. At, 88 Fair Drive, Costa Mesa. Open Wednesday through Sunday until midnight. General admission (13-59) \$12 Wednesday through Friday, \$14 Saturday and Sunday, youth, and seniors \$7 (ages 5 and under are free). Parking \$10 per car



Continued on page 22

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This Orange County favorite takes place on August 14 and is FREE to the public. There is entertainment, ample parking, and great information for people looking for themselves or family members. Free health screenings will be offered including stroke screening, glucose testing and more. Many of the exhibitors will provide free samples, discounts and opportunities to win great prizes.

It does not matter if you are looking for yourself or for a loved one, people of all ages are welcome. It is never too early to think about living healthy.

The Buena Park Senior Activity Center is located at 8150 Knott Ave in the Ehlers Event Center. For more information call (714) 236-3870.

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Senior Activity Center
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9:00 a.m. – 1:00 p.m.
Boomer and Senior
Resource Fair*



By Randal C. Hill

A 'Strange' Way to Make Big Money

Have you ever heard of musician Billy Strange? Born William Everett Strange in 1930 in Long Beach, Calif., he became an in-demand session guitarist/arranger in Hollywood and recorded with such top-drawer artists as Elvis Presley, the Beach Boys, Cher, and Nancy Sinatra.

One afternoon in the early 1960s, Billy received a huge royalty check for a throwaway ditty he had created previously on a whim. He felt certain that a mistake had been made and called the issuing office. That's when he was told, "Mr. Strange, the money is all yours."

His quirky tale began at an all-night Hollywood diner, where he and a musician friend gulped black coffee in attempts to become sober enough to drive home. Eventually, they climbed into their car and cautiously motored off. Fighting to stay awake, Strange twirled the car radio dial for a while before settling on a local country station that was playing a tune that he detested. "Man, I can write a song better than that in five minutes," he boasted with a slur. That's when his equally inebriated companion slapped a \$100 bill on the seat between them and said, "Okay, Billy, you're on!"

With a chortle, Strange

reached into the car's back seat for a blank score pad, which he used to sketch out arrangements for his session-musician work. He quickly produced a catchy song that he laughingly dubbed "*Monotonous Melody*." He then sang it, tossed the pad back, and — unchallenged — stuck the money into his pocket.

A few weeks later, Billy found himself at work in a recording studio. A friend there, a music composer named Basil "Buzz" Adlam, had just started a small-time music company and announced that he was on the lookout for some fresh material to record. "Buzz, you know, I might have one," Strange responded half-seriously as he recalled his silly "*Monotonous Melody*" tune.

Billy and some other session friends tried a few different tempos and styles before settling on a calypso approach to the foolish work. By the time, the musicians had repeatedly sung "What a monotonous melody," they were all in hysterics. After hearing the playback tape, Strange himself admitted, "That's just about the dumbest thing I've ever heard."

A few weeks later, Billy got a phone call from Dave Burgess, who led the instrumental group the Champs (of "*Tequi-*

la" fame). Burgess wanted to put "*Monotonous Melody*" out as the next Champs 45, but with a title change. Strange didn't care, saying, "It never really had a name anyway." Only later did the musician find his tune become a Top 40 instrumental under the name "*Limbo Rock*." (Dancing under a limbo bar was a popular party activity back then.)

Then Chubby Checker's manager, Jon Sheldon, phoned to ask permission to add lyrics to "*Limbo Rock*" and release it as hitmaker Chubby's next 45.

Strange's check was for \$63,000 — about \$450,000 today. Not a bad payday for five minutes' work from a tipsy tunesmith trying only to win a bet.

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By Randal C. Hill

'Take Me Home, Country Roads'

John Denver

A leisurely drive on a country road can offer a chance to leave city stresses behind for a while and enjoy nature's scenic wonders.

Sometimes, though, such a usually ordinary event can prove life-changing.

Near the end of 1970, musicians Bill Danoff and his girlfriend/future wife Taffy Nivert motored along a picturesque two-lane Maryland highway called Clopper Road. To pass the time, they batted about some lyrics that they felt might fit into a melancholy ode for Johnny Cash. When they got to "almost heaven," Bill injected the word Massachusetts, which is where he was from. And while Massachusetts did contain four syllables — what Danoff wanted — he thought the state's name somehow wasn't "musical" enough. Back home in Washington, D. C. that night, he and Nivert chose a better-flowing four-syllable state name: West Virginia.

It was a place neither had ever been.

On Dec. 29, 1970, the 163-seat Cellar Door music club in the Georgetown area of Washington, D. C., offered two unknown acts on stage that evening — Bill and Taffy (who performed as Fat City) and a

struggling folkie friend named John Denver. His lone claim to music-world fame had been his creation "*Leaving on a Jet Plane*," which had become a chart-topping single for Peter, Paul, and Mary but had left John's name unknown to most music fans.

After Fat City and Denver had finished their Cellar Door sets that night, they agreed to rendezvous at Bill and Taffy's place for an impromptu jam. Later, at one point, Nivert said to her partner, "Get out that song you're writing for Johnny Cash." Danoff did as he was told and showed Denver the tune that, at the time, consisted only of one chorus and one verse. But John was bowled over by what he heard and asked to have the first crack at recording it. The three worked throughout the night, John adding the bridge and more words of wistful nostalgia. By dawn, they pronounced the future classic finished.

The next night, Denver played his complete set and an encore, but the enthusiastic crowd demanded one more tune. When the applause died down, he told the audience, "We just finished a brand-new song, and I haven't even learned the words yet." He then unfolded a sheet of paper and taped it below the mic head. Danoff joined Denver on stage, along

with John's lead guitarist and his bass player, and the foursome launched into the first public performance of "*Take Me Home, Country Roads*."

The audience rose collectively for a thunderous five-minute standing ovation when the tune ended. That verified to Denver what he had felt since the night before when he had first heard the unfinished song: this one — for sure — is a winner.

One month later, John recorded it as an RCA Victor single, with his Fat City friends providing backup. On release, the radio-friendly 45 rocketed to No. 2 on "*Billboard's*" Hot 100 chart and finally gave Denver the breakout hit he had spent years searching for.

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When the going gets tough the tough head to the beach.

Now that the COVID-19 mandates have been lifted it's time to explore the many lovely beaches in California. From LA to the OC to San Francisco, the state has some of the best beaches in the country. Here are a few to get you in the mood for a road trip.

Huntington Beach

Huntington City Beach is a long stretch of sandy waterfront located in the city of Huntington Beach aka "Surf City USA." The surf's up regularly here and starts at Seapoint Street and runs south to Beach Boulevard where Huntington State Beach starts. The north end of City Beach from 21st Street up to Seapoint Street is known as Huntington Dog Beach and beyond that is Bolsa Chica State Beach.

La Jolla Shores

This mile-long crescent of

sand in La Jolla Shores is a beauty. Kayakers cruise out to La Jolla's sea caves while Boogie boarders and stand-up paddlers enjoy the gentle surf on any given summer day. Others put on snorkeling gear and go in search of California spiny lobsters, sheep crabs, and leopard sharks.

Crystal Cove State Park

Located in Laguna Beach this is where the film "Beaches" was filmed on three miles of sand dotted with quaint 1940s-vintage cottages. Surfers and skim-boarders tackle the reef break while others enjoy beach walks and hunting for shells. At day's end, stroll to the Beachcomber Café at sunset, then rent a firepit as darkness emerges to roast marshmallows.

Butterfly Beach

In Santa Barbara, this is a beautiful spot where the coastline faces Mexico, not Hawaii. Butterfly Beach is a great place

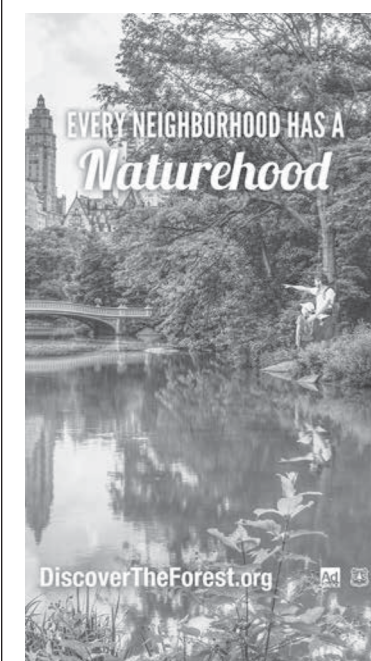
to spend the day. Visit this popular dog-walking beach near the Four Seasons Biltmore during low tides, then stroll over to Santa Barbara's East Beach or Montecito's Hammonds Beach. Plan your visit to Butterfly around the museums, boutiques, restaurants, and the historic mission of Santa Barbara.

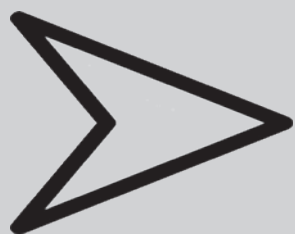
Malibu

Malibu's 25 coastal miles, offer much to see and do but don't miss Point Dume, a promontory that forms the northern boundary of Santa Monica Bay. You'll see surfing and swimming, climbers scaling the seaside cliffs, migrating gray whales to be seen past the point, and blufftop preserves for views of the Malibu coast and Catalina Island.

Remember: The safety of visitors and residents is a top priority in the Golden State. Before traveling, familiarize yourself with local guidelines and regulations for all the destinations you plan to visit.

Source: visitcalifornia.com





In The Spotlight

Fern Pessin: Helping Those with Aging Parents

Fern Pessin has written an informative book called *"I'll Be Right There: A Guidebook for Adults Caring for their Aging Parents,"* for those who might need some insight.

At the age of 56, the entrepreneur/writer left her successful career in N.Y. to move down to Florida to care for her aging parents.

She assumed the role without a clue of where to begin. Through her journey, she has amassed a ton of knowledge and wrote this book as a blueprint to help the estimated 34 million other adult children caring for their aging parents in the U.S., as they navigate this difficult terrain.



Photos courtesy: Fern Pessin

Here is more about Pessin, 60, and her book, which is available on Amazon, Barnes & Noble, FernOnAmazon.com, illberightthere.com, Walmart, and Target.



Photos courtesy: Fern Pessin

SR: What is your education?

Pessin: BA in Education; completed graduate work for MS in Special Ed; Home Health Aide Certification and Red Cross CPR/First Aid Certification.

Q: Career aspirations as a kid?

A: Become a teacher and I did ... I taught elementary school where I went to elementary school.

Q: Why did you write the book?

A: It took me so long to find the information that I needed, I hoped to be able to help others who don't have time to search and figure it out. I wanted to reduce caregiver stress.

Q: Is the book written from a personal perspective?

A: Very much personal perspective. It feels like a friend talking to a friend with amusing anecdotes and unexpected tips and shortcuts. (So, people have said!)

Q: Tell us about your parents.

A: Mom is 84, a bone cancer survivor with cognitive decline; dad is 88 with Lewy Body Dementia. They have been married since 1957. Dad told mom when she had cancer that he'd take care of her for her cancer, but she'd have to take care of him when he was 83 and that's when we found out he had dementia.

Q: How about 2-3 tips on this topic for our readers who are over 55?

A: Plan before you need it. Legal, financial, household, health ... Share your wishes and just-in-case information with your family and get the same information from your parents. Take care of yourself and build a support network of resources.

Q: How difficult is it for a child to take care of their parents?

A: In addition to all the financial, physical, and logistical challenges, a child is also dealing with the emotional relationship triggers from being raised by these people that you are now caring for.

Parents don't want you to be their boss: 'You're not my mother!' for example, or 'Who do you think you are?'

You likely have your own family and business to deal with on top of aging parents. It's overwhelming, and there are often power/control type conflicts between siblings as well.

Q: What is the biggest misperception of taking care of one's parents?

A: People think because you love each other and have the best intentions, everything will all fall into place. It's way more complicated than that. There are resentments from childhood issues, different thoughts on best actions for parents between siblings, secrets that have been kept that might come out, and feelings of things being out of control because 'stuff' keeps coming up, just when you think you've got it all managed.

Q: Are you married? Kids? Pets?

A: I am divorced. No kids. I do pet sitting.

Q: Spare time? Hobbies?

A: I love to cook and entertain but COVID has put that on hold. My friends think I'm strange because I make elaborate meals for myself. I read whenever I can, and though it's my profession to help other writers tell their stories (memoir ghostwriter). I also love to write fiction and stories.

Q: Are you writing another book? Or have you written any other books before this one?

A: *'I'm Not Gonna Live Forever You Know,'* a guidebook for adults to share their wishes with their loved ones, is in production right now. *'When Can We Talk? The Art of Discussing Life Decision Topics with your Loved Ones'* was just finished. They should both be available by mid-summer.

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July Crossword Puzzle

Across

1. Jr.'s exam
5. Former Virginia senator Charles
9. Swan-like aquatic birds
14. Patron saint of sailors
15. Fall birthstone
16. Actor's parts
17. Republic in N Central America
19. Personal quality of material belonging
20. Nero's tutor
21. Apple computer
23. Chances ____
24. Crooner Vic
26. Kazan
28. Slant
30. Monetary unit of Panama
34. Unconscious
37. Eternal
39. Zwei cubed
41. Extra-wide shoe size
42. "Song of the South" song syllables
43. Glowing
48. Attention
49. Get down
50. Forest makeup
52. Florida's Miami-____ County
54. Aquanaut's base
57. ____ in Charlie
60. Queue after Q
62. Stage plays
64. Sharp
66. Interpret
68. Oktoberfest vessel
69. Exchange premium
70. Siouan speaker
71. Exhausted
72. Spanish muralist
73. Intellectual faculty

Down

1. Clothes-pins
2. Swung around
3. Radarange maker
4. Clan emblems
5. Imperial dynasty of Russia
6. ____-Locka, FL
7. Indonesian island
8. Hold responsible
9. Thank you, in Mexico
10. Goddess of dawn in Greek mythology
11. Movie lioness
12. Fortuneteller
13. Ferrara family

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64			65			66		67						
68						69					70			
71						72					73			

18. French school
22. Goya's "The Duchess of ____"
25. Tools for duels
27. Utah ski resort
29. Standing up
31. Linger
32. Most draftable
33. Antiquing agent
34. Clods
35. Arthur Ashe's alma mater
36. Dull sound
38. Dirty looks
40. Mary ____ Lincoln
44. Hindmost part
45. Finishes
46. Is unobliged to
47. Eye drops
51. Zigzag
53. Kett and James
55. Fine fiddle
56. Twirler's stick
57. Play group
58. Play start
59. Plaintiff
61. Driving force
63. Bird feed
65. Father's Day gift
67. Show
- Answers on Page 24

Fabulous Finds

By Debbie L. Sklar

After being locked in for more than a year it's time to get back to normal. A good place to start is with yourself and the way you look. Get out of those sweats and start putting on some lipstick again. Here's some cool Fab Finds to check out and help you celebrate a new chapter.

New Lip Laster Invention



As more people begin to remove their masks due to vaccine shots, lipstick is back on the rise, and **Lip Laster** can help buyers get the most out of their lipstick purchases.

Krazy Good Idea, LLC, the makers of Lip Laster — the revolutionary cosmetic tool that helps consumers get the most out of their lipstick products, has lipstick-saving and environmentally conscious inventions available for buyers everywhere.

Considering that 26% of lipstick ends up lodged inside traditional lipstick designs, wasting lipstick and resources along the way, Krazy Good

Idea, LLC wanted to create a lipstick device that is agile, efficient, and simple to use.

“More than one-fourth of the lipstick in our traditional lipstick receptacles ends up lodged and stuck, never to be used,” said Fred Bethel, founder of Krazy Good Idea, LLC. “That’s a lot of product that is lost and thrown out, contributing to our waste footprint around the world. We had an idea to create a new kind of lipstick product that wastes 0% of the lipstick for consumers everywhere.”

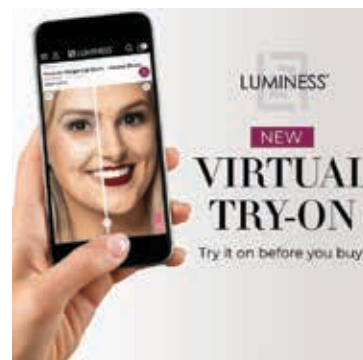
The Lip Laster works as follows: with a simple push, twist, and pull of the device, consumers can save money, avoid waste, and contribute to a greener planet for communities everywhere. Additionally, the life cycle of the lipstick is now extended another few days, or even weeks, depending on how much lipstick the consumer uses.

The empty lipstick tube can then be properly recycled after it is extracted, reducing our carbon footprint while preserving the planet. The team behind the lipstick device believes we should all do our part to leave the planet cleaner than we found it.

The Lip Laster is a reusable device that can be cleaned after each depleted use and ac-

cessed repeatedly. Designed to fit all lipstick barrels that are half an inch or more in diameter, the Lip Laster is compatible with most major commercial lipsticks. After usage, it's recommended to clean the product with a cotton swab, soap, and water. Visit www.tryliplaster.com.

Airbrush Makeup



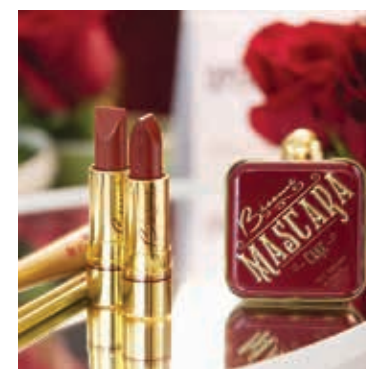
Recognized for innovation and expertise in complexion for more than 25 years, **LUMINESS** is a market leader in airbrush technology, consistently pushing the boundaries to provide its customers with a flawless experience. Now, the direct-to-consumer brand that put handheld airbrush technology into the hands of the consumer with its recent release, the Breeze Airbrush System, takes another step forward in the future of beauty by partnering with Perfect Corp., a provider of augmented reality (AR) and artificial intelligence (AI) beauty tech solutions, on three new services: Shade Finder, Virtual Try-On, and Beauty Advisor 1-on-1.

The easy-to-use technologies

are available with select products on LUMINESS's website, including its top-performing Silk 4-in-1 Airbrush Foundation. It takes the guesswork out of choosing foundation and cosmetic shades while allowing consumers to engage with the brand more than ever before. Like its latest launch, the Breeze Airbrush System, shopping is touchless, time-saving, and convenient, as customers can quickly identify the right products for their skin tone and experiment with new looks in an entirely virtual format including, for the first time ever, “virtual try-on” the flawless effect of airbrush on their skin. Visit www.luminesscosmetics.com

Bésame Cosmetics

Longing to bring back the simple glamour of her grand-



mother's beauty routine, designer and cosmetics historian Gabriela Hernandez started **Bésame Cosmetics** in 2004. Over the years, Bésame Cosmetics continued to grow its cult following with meticulously designed, historically inspired, and highly pigmented cosmetics that surpass expectations.

In addition to curating Bésame Cosmetics' branded makeup and skincare line, Bésame Cos-

Continued on page 25

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Life After Mother

By Lyn Jensen

'Exploring probate and estate issues from personal experience.'

Have a Heart for What's Inherited

My mother watched in horror what happened after the elderly couple that lived next door to her died within a few months of each other. Their daughter filled up a truck-sized dumpster with what looked like the entire contents of the house and hauled it all away as trash.

My mother was so traumatized by what she saw, I promised her I'd never empty the contents of her house into a dumpster and haul it all away as trash.

I've seen examples of homes so trashy that trashing the entire contents may be the best solution, but neither the neighbors' nor my mother's house fit that description. Estate sales are one option for disposing of a home's contents that bring in money and reduces trash.



You can manage an estate sale yourself, but it's much more work than a garage sale. A professional who handles much of the work in return for a percentage of what's sold can be invaluable.

Some only handle sales that



clear out everything — even what's fastened down — to the bare walls. Others are willing to sell less.

Since I was living in my mother's house, I insisted on keeping enough of the household intact I could continue to live comfortably.

When I hired an estate sales professional, I told her I wanted to sell about half of what was in the living room, kitchen, and garage, and about a quarter of the other rooms. At first, she appeared to be concerned about having enough to sell, but by the time the living room, kitchen, and backyard were set up for the sale,



all available space used, other rooms remained stuffed with things not for sale, or not appraised yet.

The saleswoman finally said, 'Just stop!' even as I kept bringing out more things.

Having dozens of strangers in my house while COVID raged was a major concern. I told the saleswoman I wanted customers to wear facemasks and gloves, but the notice she sent out mentioned masks but not gloves.



I handed out all the disposable gloves I had, still had bare-handed people handling multiple surfaces, while some people waltzed in bare-faced and had to be admonished about masks, too. I had to do much sanitizing afterward.

Dealing with the public is never for the faint-hearted. Paving stones got ripped from the ground. A coin disappeared from a coin collection. People wanted single rocks from the family rock collection.

Continued on page 21

Judge Judy: No Benchwarmer

By Les Goldberg

In case you haven't heard, one of our all-time favorite TV judges, Judge Judy, is taking her show to a different courtroom.

The jury is still out on whether the new digital streaming version, *"Judy Justice"*, will reach the award-winning success levels of the 25-year-long run of her iconic show, but Amazon's IMDb-TV is betting it will.

According to Judy Sheindlin's new TV producers, the new court program, which will debut this fall, will be the first such show on a streaming platform. The purchase of the initial 100 episodes is believed to be the largest purchase for a streaming show.

"I'm over the moon to be in business with Amazon Studios and continuing this incredible journey with them on a new platform is so exciting," she said. "I used to yell at my husband, Jerry, for all the packages he had ordered from Amazon every day. I have enough mouthwash in the cabinets to keep the entire planet's breath fresh until the next millenni-

um. The doorbell never stops ringing. The dogs don't even bark at the delivery people anymore.

"After I signed this deal, I apologized to Jerry. Who would have thought that the Sheindlin's and Amazon would be mishpachah (Yiddish for family)?"

The end of her CBS contract for the Judge Judy franchise at the end of the 2020/21 season was no secret. She revealed the news during an appearance on *"The Ellen DeGeneres Show"* last year.

When asked about retirement, Sheindlin has stated that it is up to her viewers and when they tire of watching the program. As of now, however, the polls show that her fans are ready for more of the feisty legal beagle.

She says the court show is "se-

ductive" and hard to give up. "I'm not tired. I still feel engaged in what I do, and I still have people who like to watch it."

And so, the Judge Judy phenomenon continues.

Sheindlin was born Judith Susan Blum in the Brooklyn borough of New York City, to a Jewish family, from Germany, Russia, and Ukraine. She described her father as "the greatest thing since sliced bread" and her mother as "a meat and potatoes kind of gal."

Judy Blum attended James Madison High School in Brooklyn before going on to American University in Washington, D.C., where she graduated with a Bachelor of Arts degree, majoring in government. She finished her law school education at New York Law School, where she earned her Juris Doctor degree in 1965 and passed the New York State Bar examination a few months later. Before graduation, she married Ronald Levy, who later became a prosecutor



in juvenile court. The couple moved to New York and had two children, Jamie, and Adam, and divorced in 1976 after 12 years of marriage.

She was hired as a corporate lawyer for a cosmetics firm soon after her graduation, but within two years she became dissatisfied with her job and left to raise her two children. She was made aware of a position in the New York court system as a prosecutor in the family courts in 1972. In her role as a lawyer, Blum prosecuted child abuse cases, domestic violence, and juvenile crime.



In 1977, Judy Blum-Levy became Judge Judy Sheindlin when she married Judge Jerry Sheindlin, who was an arbitrator on *"The People's Court"* from 1999 to 2001.

By 1982, Sheindlin's "no-nonsense" attitude inspired New York Mayor Ed Koch to appoint her as a criminal court

judge. Four years later, she was promoted to supervising judge in the family court's Manhattan division. She earned a reputation as a "tough" judge (though she has disagreed with the labels "tough" and "harsh"), known for her quick decision-making.



In February 1993, Sheindlin's reputation made her the subject of a *"Los Angeles Times"* article, profiling her as a woman determined to make the court system work for the common good. She subsequently was featured in a segment on CBS's *"60 Minutes"* that brought her national recognition. This led to her first book, *"Don't Pee on My Leg and Tell Me It's Raining,"* published in 1996. She retired as a family court judge that same year after having heard more than 20,000 cases.

After the *"60 Minutes"* special on her family court career in 1993 and authoring her first book shortly thereafter (*"Don't*

Continued on page 25

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Hints for Homeowners

What to Know About Mold and Mildew

If you're like a lot of homeowners, your domicile is in danger from an insidious, invisible growth—mold—and you don't even know it. That's because for many people, mold conjures up images of smelly, green and black growth that can cause serious respiratory issues. It is often found in a home after an intrusive water event, such as a flood or a severe rainstorm. The reality is, just about every home has mold, though it only becomes a concern when there are moist building materials and you begin to notice visible mold growth and can smell it.



For your family's health and your home's structural integrity, don't let mold grow. Experts can help.

Why To Fight Mold

Mold and water damage can have a negative effect on your and your family's health, as well as on the safety and structure of your home. People with allergies to mold may experience sneezing, runny nose, red eyes, rash and upper respiratory problems.

Homes in areas where there's a potential for flooding, tornadoes, or hurricanes are especially at risk. Mold typically grows in damp places such as basements and crawl-spaces. Apart from floods, the four major causes of mold and water damage in residences are: leaks in the building envelope (that is, around window frames, roof); unattended plumbing leaks; high humidity levels (particularly from unvented or improperly vented indoor moisture sources, such as kitchens, bathrooms, and clothes dryers); and condensation on cool surfaces (on kitchen and bathroom surfaces, on window frames, in basements).

en and bathroom surfaces, on window frames, in basements).

How To Fight Mold

The good news is there are steps you can take to identify and remove mold, and prevent its re-occurrence by keeping the water out of the house. AIHA (formerly American Industrial Hygiene Association), the organization for scientists and professionals committed to preserving and ensuring occupational and environmental health and safety (OEHS) in the workplace and community, created free resources for consumers including: "Facts About Mold: A Consumer Focus," a downloadable guide to the problems of mold growth and what you can do to prevent

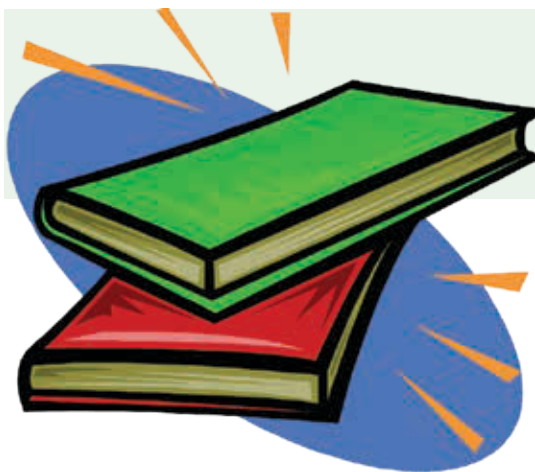
it; and a brief video, "What is mold? Who's affected?"—a quick guide to the dangers of mold in your home.

Who Can Fight Mold

If mold damage is severe, it may be time to seek the help of an OEHS professional or Certified Industrial Hygienist with extensive mold investigation and remediation experience. You can find a list of OEHS experts at www.aiha.org/public-resources/consultants-listing.

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FOR THE
cure

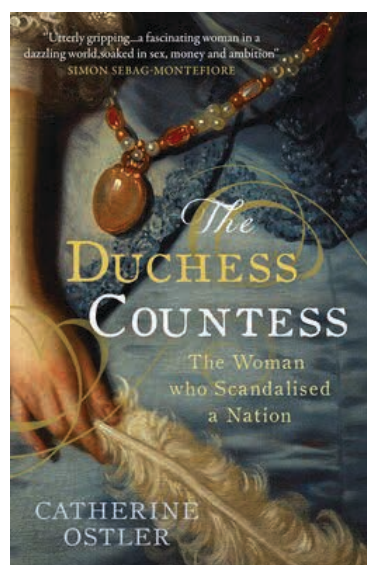
July Book Club



Whether you're headed to the local beach or simply sitting poolside or even in your backyard, summer is a wonderful time to read a good book. Here are a few titles to explore and immerse yourself in on a warm afternoon.

The Duchess Countess

By Catherine Ostler



“When the glamorous Elizabeth Chudleigh, Duchess of Kingston, Countess of Bristol, went on trial at Westminster Hall for bigamy in April 1776, the story drew more attention in society than the American War of Independence.

“A clandestine, candlelit wedding to the young heir to an earldom, a second marriage to a Duke, a lust for diamonds and an electrifying appearance

at a masquerade ball in a diaphanous dress: no wonder the trial was a sensation. However, Elizabeth refused to submit to public humiliation and retire quietly. Rather than backing gracefully out of the limelight, she embarked on a Grand Tour of Europe, being welcomed by the Pope and Catherine the Great, among others.

“As maid of honor to Augusta, Princess of Wales, Elizabeth led her life in the inner circle of the Hanoverian court and her exploits delighted and scandalized the press and the people. She made headlines and was a constant feature in penny prints and gossip columns. Writers were intrigued by her. Thackeray drew on Elizabeth as inspiration for his calculating, alluring Becky Sharp. But her behavior, often depicted as attention-seeking and manipulative, hid a more complex tale – that of Elizabeth’s fight to overcome personal tragedy and loss.

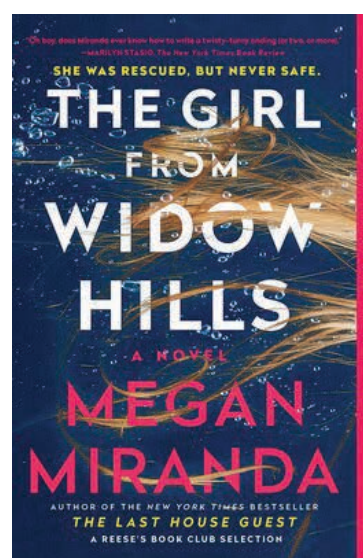
“Now, in this brilliantly told and evocative biography, Catherine Ostler takes a fresh look at Elizabeth’s story and seeks to understand and reappraise a woman who refused to be defined by society’s expectations of her. A woman who was by turns, brave, loving, and generous but also reckless, greedy,

and insecure; a woman totally unwilling to accept the female status of underdog or to hand over all the power, the glory, and the adventures of life to men,” according to Publisher Simon & Schuster UK.

The Girl from Widow Hills

A Novel

By Megan Miranda



“Everyone knows the story of ‘the girl from Widow Hills.’

“Arden Maynor was just a child when she was swept away while sleepwalking during a terrifying rainstorm and went missing for days. Strangers and friends, neighbors, and rescue workers set up search parties and help vigils, praying for her safe return. Against all odds, she was found, alive, clinging to a storm drain. The girl from Widow Hills was a living miracle. Arden’s mother wrote a book. Fame followed. Fans and fan letters, creeps, and stalkers. And every year, the anniversary. It all became

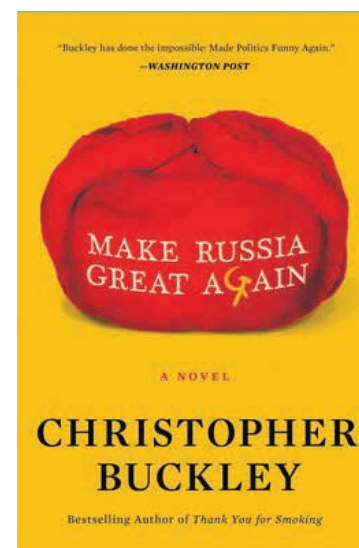
too much. As soon as she was old enough, Arden changed her name and disappeared from the public eye.

“Now a young woman living hundreds of miles away, Arden goes by Olivia. She’s managed to stay off the radar for the last few years. But with the 20th anniversary of her rescue approaching, the media will inevitably renew its interest in Arden. Where is she now? Soon Olivia feels like she’s being watched and begins sleepwalking again, like she did long ago, even waking up outside her home. Until late one night, she jolts awake in her yard. At her feet is the corpse of a man she knows — from her previous life, as Arden Maynor ...,” according to Publisher Simon & Schuster.

Make Russia Great Again

A Novel

By Christopher Buckley



“Herb Nutterman never intended to become Donald Trump’s

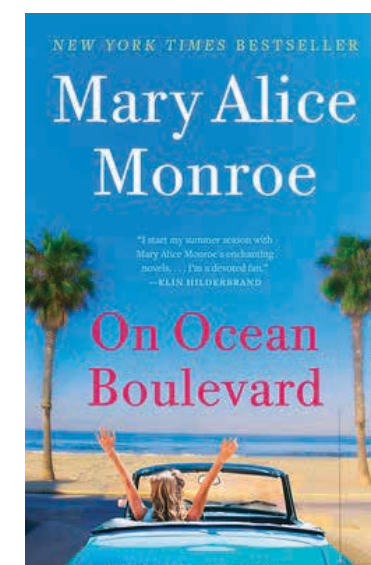
White House Chief of Staff. Herb served the Trump Organization for 27 years, holding jobs in everything from a food and beverage manager at the Trump Magnifica to being the first general manager of the Trump Bloody Run Golf Course. And when his old boss asks ‘his favorite Jew’ to take on the daunting role of chief of staff, Herb, spurred on by loyalty agrees.

“But being the chief of staff is a lot different from being a former hospitality expert. Soon, Herb finds himself deeply involved in Russian intrigue, deflecting rumors about Mike Pence’s high school involvement in a Satanic cult, and leading President Trump’s reelection campaign ...,” according to Publisher Simon & Schuster.

On Ocean Boulevard

Part of The Beach House

By Mary Alice Monroe



Continued on page 21

PCH: The Perfect Road Trip?

By Shana McCann

By the time you read this, California will be COVID-restriction free. If you are fully vaccinated, you can shed the masks, get up close and personal with your friends and family and do just about anything you did pre-pandemic. One way to ease into a sense of ‘normalcy’ is to go on a day-long road trip.

A short getaway in your car serves a dual purpose – it is COVID-safe, and it is, by all standards, air-conditioned.

Now that summer is in full swing and heat waves are scorching the inland areas of the Southland, the coolest destinations (and I mean that literally) are along the beach, accessed easily by one of the most beautiful roadways in America, Pacific Coast Highway, known affectionately as PCH.



PCH Map

Technically, PCH is officially designated as a southern part of State Route 1, or Highway 1, starting near the I-5 at Dana Point and ending in Ventura County, but the entire road trip will take you from greater Los Angeles to San Francisco. For now, however, we’re going to take you on a day trip that is guaranteed to beat the heat, serve as a temporary escape

from jobs and the bustling city, and make you realize why tourists flock here from everywhere else.

Here are some of the highlights of the PCH experience, starting in Dana Point.

Dana Point



Dana Point Harbor

The small coastal community is known for its pristine sandy beaches, an annual blues festival, and plenty of opportunities for whale and dolphin watching, and charter boat fishing adventures. It is also a good place to enjoy morning breakfast in one of the many boutique cafes and coffee shops that dot PCH and the scenic Dana Point Harbor Drive.

From the comfort of your air-conditioned vehicle, you will enjoy the views of Salt Creek and Dana Strands beaches, the Monarch Beach Resort, and the city’s Headlands Conservation area and Nature Interpretive Center.

Laguna Beach

Just a 20-minute drive north, with the blue Pacific on one side and the affluent hillside homes on the other, you will arrive in one of America’s most famous art colonies – Laguna Beach.



Laguna Beach Tower

With art galleries too numerous to mention here, the city is a year-round destination for art lovers who attend the annual Pageant of the Master’s and the Laguna Art Museum with more than 3,000 works in its collection, all by California artists.

Between the galleries are a variety of restaurants, including an old-fashioned ice cream parlor and the Driftwood Kitchen, famous for its oyster dishes. Looking south of PCH, your view includes seven miles of beaches with sea coves, tide pools, and cliffs with waves slamming against them.

Corona del Mar



Corona del Mar Rock Arch

Further north a few miles are the quaint community of Corona del Mar, which in Spanish means Crown of the Sea.

As you proceed through the PCH row of shops and restaurants you will find the unique Sherman Library and Garden, a quiet and beautiful botanical garden. The floral scenery in-

side the walls of the library is matched only by the scenery of the beautiful homes, cliffs, and beaches that abound just a few blocks away.

Newport Beach



Newport Beach Balboa Fun Zone

While Newport Beach is a mecca for the rich and famous, its harbor of boats and yachts of all sizes is a sight to behold. Surfers from around the globe gather at The Wedge, the beach area known for its dynamic and dangerous waves, while more docile tourists and visitors enjoy the historic Balboa Pier and Fun Zone with a Ferris wheel, Duffy boat rentals, cafes, and bars. For shoppers, the Fashion Island Mall is an attraction all to its own.

Huntington Beach



Huntington Beach Pier & Ruby’s Diner

The first thing you will notice while driving through the city known as ‘Surf City, USA’ is the eight and a half miles of wide, sandy beaches. You’ll also pass through, or stop for lunch, the downtown district



Huntington Beach Pier View

with its active art center, colorful stores, and the International Surfing Museum.

At PCH and Main Street is the site of the Huntington Beach Pier with Ruby’s Diner at the end on the ocean side along with Duke’s Restaurant, and Jack’s Surf Shop, Fred’s Cantina, and a host of shops and eateries on the inland side. The city also houses the Surfing Walk of Fame and the Newland House, the oldest home built in Huntington Beach in 1898.

Seal Beach



Seal Beach Main Street

Nestled between Huntington Beach and its big neighbor to the north – Long Beach and Los Angeles County -- is historic Seal Beach.

The beach itself is an extension of the long stretch of beaches paralleling PCH, except it boasts the second-largest all-wooden pier (Oceanside in San Diego County has the longest) in California.

Continued on page 19

PCH: The Perfect Road Trip?

continued



Seal Beach Seal



Long Beach Pine Avenue

But if you want to get out of the car and stretch your legs, fetch an ice cream cone, or just enjoy the ambiance of an early 20th century seaside village, Seal Beach and downtown along Main Street are the places to do it.

While there, you can also visit the San Gabriel River Bike Trail, the U.S. World War II Submarine Memorial, Natural Wildlife Refuge, and M&M Surfing School, for instance. Or you might want to take a Seal Beach Food Tour to sample the wide variety of culinary dining establishments the city has to offer.

Although we don't recommend it while on this PCH road trip, a separate visit to Clancy's Bar is an idea worth pondering, especially on St. Patrick's Day. It is the closest you'll get to Ireland on the West Coast.

Long Beach



Long Beach Shoreline Village

As dinnertime approaches and you are ready to put the road trip in your rearview mirror,

continue north just one mile to enter Long Beach and its rejuvenated oceanfront environment, complete with modern shopping areas, homes, seaside restaurants, and nightclubs.

The restaurants on Pine Street are open again – inside and out – and business is booming in the downtown area. If you are around my age – 70 something – you might remember this area as The Pike, a coastal amusement park-like district that catered to returning WWII sailors at the huge Navy base nearby.



Aquarium of the Pacific

Today, the modern city is an international attraction for its beaches, restaurants with stunning views, the Aquarium of the Pacific, the Belmont Shores area, The Queen Mary, and shoreline hotels.

Now that your PCH road trip has ended, it's time to plan your next daytime getaway. Stay tuned for more ideas.



Making Life More Fun

New Attractions Highlight Pigeon Forge's 60th Year as Vacation Destination

If you're like most Americans, you're eager to get out of the house and out into the world. In fact, according to a recent Harris poll, 77 percent said they plan to take a trip this year.

For more than 10 million people annually, a great place to visit is Pigeon Forge, Tennessee, now celebrating 60 years as the top family-friendly vacation destination in the Great Smoky Mountains with new attractions.

What To See In Pigeon Forge

- The Island at Pigeon Forge unleashes SkyFly: Soar America, an indoor flying adventure that takes passengers high above Alaska's glaciers, the Grand Canyon, Niagara Falls, the Great Smoky Mountains, and a dozen more of the nation's most beautiful natural wonders and iconic landmarks. Moving seats combined with sounds, scents, and mists are part of the picturesque journey.

- The world's first toy-themed mini golf course, Toy Box Mini Golf, features 18-holes brought to life by 30-foot-tall recreations of some of the most popular and nostalgic toys from the past and present, each becoming a favorite photo op. A toy store and laser maze complete the experience.

- Another first in the world is the new Power Coaster at Rowdy Bear Mountain. The



The gateway city offers a wide variety of experiences to stay, play and dine in the Great Smoky Mountains.

two-seat throttle-powered coaster karts travel an approximately 2,000-foot-long track that features thrilling S-turns.

- Camp Margaritaville RV Resort offers three distinctly different ways to kick back and relax combined with a unique "five o'clock somewhere" attitude. The 37-acre property includes nearly 180 RV sites along with upscale bath and laundry facilities. The centerpiece is a 79-room lodge featuring a restaurant, bar, camp store, putting green and pool. It's conveniently close to the Pigeon Forge Parkway but elevated, providing guests with spectacular mountain views.

- The Mountain Mile adds two new food- and entertainment-focused venues. Guy Fieri's Downtown Flavortown, a 43,000-square-foot family entertainment center with a 300-seat restaurant featuring Fieri's signature cuisine, a 14-lane Duck Pin bowling alley, over 10,000 square feet of state-of-the-art arcade games and more. The Listening Room will serve live mu-

sic alongside a full menu of American cuisine. Like its Nashville sister property, the 10,000-square-foot venue features songwriters and vocalists on an expansive stage, plus indoor and outdoor dining. Other new

tenants include BAAK Boutique, J&P Cycles, REI Co-op, Royal Bee, Azul Cantina, Cinnaholic, Cream & Sugar, and Currahee Vineyard & Winery. Weather permitting, guests can catch a free Friday evening Movie on the Lawn.

- Dollywood's 36th season continues with the new Harmonies of the Heart and A Brighter Day live shows and the Summer Celebration festival.

- Pigeon Forge visitors can take advantage of a 600-foot-long covered pedestrian bridge connecting the LeConte Center at Pigeon Forge, a city-owned events center, to the new Mountain Lot and 2,148 free parking spaces. The walkway is just blocks from the city's new Mass Transit headquarters in Patriot Park. Pigeon Forge Mass Transit's trolleys operate year-round with one-day passes available for convenient, hassle-free transportation along the city's six-mile Parkway.

As Pigeon Forge Executive Director of Tourism Leon Downey puts it, "Our top-

Continued on page 30

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— J. Fitzgerald, VA

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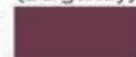
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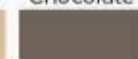
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Indigo



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Understanding Our Environment

Climate Change Likely Shifted the Axis of the Earth, According to a New Study

Global warming that caused glacial melting is likely the cause of a shift in the movement of the Earth's poles in the 1990s, according to a new study in *Geophysical Research Letters*, AGU's journal for high-impact, short-format reports with immediate implications spanning all Earth and space sciences.

Melting glaciers redistributed enough water to cause the direction of polar wander to turn, and accelerate, eastward, according to the new research.

"The faster ice melting under global warming was the most likely cause," said Shanshan Deng, a researcher at the University of the Chinese Academy of Sciences.

Changing Poles

The North and South Poles aren't static, unchanging spots. The axis Earth spins around keeps moving.

The Earth spins around an axis kind of like a top, explains Vincent Humphrey, a climate scientist at the University of Zurich. If the weight of the top moves, the spinning top starts to lean and wobble. The same thing happens to the Earth as weight shifts from one area to another.

Changes in polar drift can occur for a number of reasons, including changes in water on



NASA Earth Observatory image by Robert Simmon.

land from melting glaciers and groundwater pumping.

Changing The Length Of Your Days

The change to the Earth's axis isn't large enough that it would affect daily life, Humphrey added. It could change the length of day we experience, he said, but only by milliseconds.

While the melting glaciers were the main driver of polar drift in the 1990s, "the groundwater contribution is also an important one," Humphrey said. The analysis revealed large changes in water mass in California, Texas, China and India—all areas that pump large amounts of groundwater for agricultural use.

Backward In Time

Researchers discovered a way to rewind modern pole tracking analysis to learn why the Earth's poles shifted in the mid-1990s. The new research calculates the total land water loss in the 1990s.

"The findings offer a clue for studying past climate-driven polar motion," explained Suxia Liu, a hydrologist at the University of the Chinese Academy of Sciences.

Water Loss And Polar Drift

Using data on glacier loss and estimations of groundwater pumping, Liu and her colleagues calculated how the water stored on land changed. They found that the contributions of water loss from the polar regions was the main driver of polar drift.

"I think it brings an interesting piece of evidence to this question," said Humphrey. "It tells you how strong this mass change is—it's so big that it can change the axis of the Earth."

What It Means

Liu said the research has larger implications for understanding land water storage earlier in the 20th century. Researchers have 176 years of data on polar drift. By using some of the methods in this study, it could be possible to estimate how much land water was lost in past years.

Learn More

For more information and to read the study, visit news.agu.org.

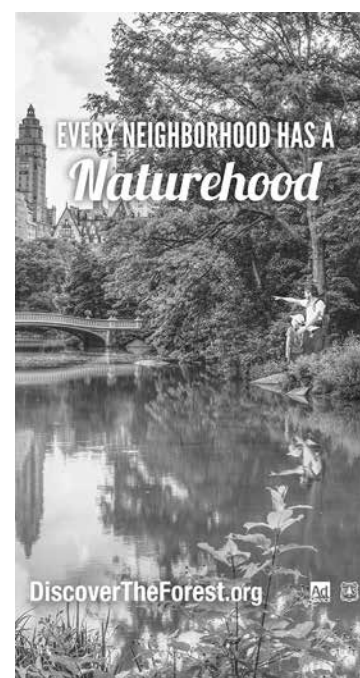
Life After Mother

Continued from page 14

One guy tried to buy two sets of fondue forks and leave me stuck with two fondue pots and nothing to eat from them with. One couple tried to convince me to sell the light fixture in my kitchen ceiling — when it shorted out a few months later, I thought how that could've been their problem.

Another couple brought a ceramic pot to the sales counter. I asked what happened to the cactus that had been in it and got blank looks. Weeks later I found the cactus — a gift from a friend — dumped in the bushes, beyond saving.

Enough complaining, since I did sell about half of what was for sale, including some things I was glad to see go, and freeing up much-needed space. Enough money was made to pay for a fresh coat of paint on the house's exterior. I'm now planning my next estate sale, to clear out what was left in the closets the first time.



July Book Club

Continued from page 17

"It's been 16 years since Caretta 'Cara' Rutledge has returned home to the beautiful shores of Charleston, South Carolina. Over those years, she has weathered the tides of deaths and births, struggles, and joys. And now, as Cara prepares for her second wedding, her life is about to change yet again.

"Meanwhile, the rest of the storied Rutledge family is also in flux. Cara's niece Linnea returns to Sullivan's Island to begin a new career and an unexpected relationship. Linnea's parents, having survived bankruptcy, pin their hopes and futures on the construction of a new home on Ocean Boulevard. But as excitement over the house and wedding builds, a devastating illness strikes the family and brings plans to a screeching halt. It is under these trying circumstances that the Rutledge family must come together yet again to discover the enduring strength in love, tradition, and legacy from mother to daughter to granddaughter.

"Like the sea turtles that come ashore annually on these windswept islands, three generations of the Rutledge family experience a season of return, rebirth, and growth, ..." according to Publisher Gallery Books.



July Calendar

Continued from page 5



Come out to purchase food from a variety of some of the best food trucks in SoCal and enjoy live music from Bump-town. At, Ehlers Event Center, 8150 Knott Ave., Buena Park.

La Habra Host Lions Club Pasta Fest & Car Show

La Habra

July 17

4:30 to 8 p.m.

Come out for an evening of family fun. Enjoy a pasta dinner served at 6 p.m., other activities include a car show, ice cream truck, kids' corner, escape room, live entertainment, and more. At, La Habra Community Center, 101 W. La Habra Blvd., La Habra. Tickets: adults \$25, children 12 and under \$10.

Yoga Festival Huntington Beach July 31

7:30 a.m. to 10 p.m.

All yoga lovers are invited to attend the OC Yoga Festival in Huntington Beach. This event will be hosted by the top yoga studios in the area. Some of the activities include a 5k fun run, classes and demonstrations, meditation, and sound healing, workshops, talks, live music, a DJ and dance party, and more than 80 vendors. Get access to unlimited yoga classes with a VIP ticket (single-day and two-day tickets are available). General admission tickets get you access to one class. At,

PCH and Warner, near Sea Legs at The Beach, Huntington Beach.

Ongoing Events

Santa Ana Art Walk

Santa Ana

First Saturday of the Month
6 p.m. to 10 p.m.

Downtown Santa Ana offers a look at the arts on the first Saturday of each month when galleries, theatres, artists, and performers in the Artists Village host a monthly Open House for the public. There are typically more than 150 participating studios and galleries located in historic buildings in the heart of downtown Santa Ana.

The monthly event lets you buy original artwork from various artists. It also will have open viewings of working lofts owned by artists and designers all in an award-winning urban setting.

Dachshund Races

Huntington Beach
Sundays

3 p.m. (doors open at 2 p.m.)

See the short-legged but swift 'wiener dogs' race to the finish line once a month at Old World Village. Arrive early and stay for lunch on the dog-friendly patio. \$3 admission fee for adults, \$2 for kids. At, Old World Village, 7561 Center Ave., Huntington Beach.



Beach Cleanups

San Clemente
and Huntington Beach

Held the first and second Saturday of every month.

The monthly cleanup event helps keep beaches clean while learning about coastal conservation and marine debris. The cleanups are held on the first Saturday in San Clemente and the second Saturday in Huntington. At, Huntington State Beach, Lifeguard Tower No. 2; San Clemente State Beach.

Beach Cleanups

Seal Beach

Held from 9 a.m. to noon, the third Saturday of every month. At the community event, gloves, bags, and pickers are provided, you are asked to bring a reusable water bottle if you need one. At, 15 First St., (beach parking lot at the end of First Street, Seal Beach), Seal Beach. Call, (562) 884-6764.

Bolsa Chica Conservancy Wetland Restoration Events

Huntington Beach

Second Sunday and Last
Saturday of each month
9 a.m. to 12 p.m.

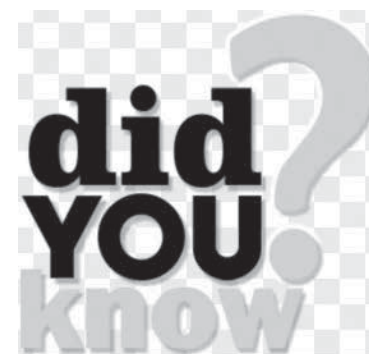
Enjoy the Great Outdoors while helping restore the Bolsa Chica Wetlands twice monthly. Service includes restoration of native plant communities through non-native plant removal and cleanup efforts. Wear close-toed shoes, layered clothing, protection from the

sun and bring water. Ages 6 years – Adult (Kids under 14 need to be supervised by an adult). Donations of heavy-duty trash bags, work gloves, and bottled water are appreciated. At, Bolsa Chica Conservancy Interpretive Center, 3842 Warner Ave., Huntington Beach.

Visitor Night at UCI Observatory UCI Irvine

UCI Observatory is open to the public, around five times per year. Visitor Nights are free of charge, although a donation per family is suggested to defray the costs, and there is a campus parking fee. Please check the website before attending. Weather conditions may cause the event to be canceled. At, The Observatory, University of California, Irvine.

"Creativity is contagious, pass it on"
— Albert Einstein



➔ You can naturally and tastefully boost your immunity year-round with vitamin C-rich frozen strawberries. Fresh California strawberries are hand-picked year-round and frozen strawberries can be found in most grocers' freezers winter, spring, summer, and fall. For nutrition facts, tips and recipes, visit www.CaliforniaStrawberries.com.

➔ Buttermilk Mashed California Sweetpotatoes with Fresh Herbs are easy enough to make for a weeknight dinner and elegant enough for company and special occasions throughout the year. Plus, California sweetpotatoes are a nice change from regular mashed potatoes—and with more fiber. Get the recipe and learn more at www.casweetpotatoes.com.

➔ A simple, free and user-friendly mobile app lets families share and relive daily experiences and special moments with loved ones even thousands of miles apart with just a click. Called My Grandkids, it's available in the Apple Store and on Google Play.

➔ There may soon be good news for people with spinal cord injuries. NervGen's NVG-291 could be a significant breakthrough. Learn more at www.nervgen.com.

Tinseltown Talks

By Nick Thomas

‘Matilda’ turns 25

When British author Roald Dahl’s beloved 1988 novel “*Matilda*” was transformed into a fantasy comedy movie a decade later, the film became hugely popular. It remains an enjoyable family movie to watch with children and grandchildren today, 25 years after its release in July 1996.



Danny DeVito, Mara Wilson, and Rhea Perlman, in *Matilda* - TriStar Pictures

Filled with memorable characters including a callous and dishonest family as well as a tyrannical school principal, *Matilda* was portrayed by adorable child actor Mara Wilson who battles and eventually overcomes adversity. It was one of four films in the 90s that made Wilson famous. *Matilda*, she says, was a role she was thrilled to play.

“It was my first favorite book,” she told me in a 2017 interview. “The film became a touchstone for girls who grew up feeling a little awkward and out of place and could relate to the *Matilda* character. When I was little and people would recognize me at the airport, park, or mall, I used to think ‘Why do they

care?’ But I’ve come to realize how important some films can be to people.”

Despite the popularity of the spirited little actress in the additional 90s hits “*Mrs. Doubtfire*,” the remake of “*Miracle on 34th Street*,” and “*A Simple Wish*,” Wilson had slipped from the public spotlight by the decade’s end – a largely self-imposed exile.

“I grew out of that cute stage and didn’t develop into the classic Hollywood beauty as I got older,” she explained. “I didn’t like being reduced to adjectives – you’re thin or short or tall or blonde – and was no longer comfortable going to auditions. I still do some fun TV or Web projects for friends, and I love voice-over work because no one is judging how I look or how many times a week I work out!”

Mara Wilson with Robin Williams in Mrs. Doubtfire - Twentieth Century Fox

One actor she fondly remembers during her early career was Robin Williams during the filming of “*Mrs. Doubtfire*” who she says was ‘kind and



Mara Wilson all grown up - photo by Ari Scott, from publicist gentle, but rather shy which is not uncommon for actors.’ Not surprisingly, he was usually hilarious on the set and responded in typical Williams’ style when she told him of her fondness for musicals such as “*The Sound of Music*” and “*South Pacific*.”



Richard Attenborough and Mara Wilson in Miracle on 34th Street - Twentieth Century Fox

“So, he started singing ‘*Nothing Like a Dame*,’ which was funny because there he was, a man dressed like a woman singing there was nothing like being a woman!”

While her films from the 90s were largely comedic or sentimental, Wilson remains proud that her *Matilda* character has helped kids overcome abuse.

“They were living in abusive

families or with parents who didn’t care about them, and the movie showed them there was a way out and that they could find people who cared. So, it’s a comforting movie about feeling powerless, then finding power. People write to me all the time about the impact it had on their lives, and I love that.”

Where
Am I
Now?

*True Stories of Girlhood
and Accidental Fame*

Mara
Wilson

“Growing up, I wanted to be Mara Wilson. WHERE AM I NOW? is a delight.”
—Ilana Glazer, cocreator and star of BROAD CITY

Wilson’s autobiography, “Where Am I Now? True Stories of Girlhood and Accidental Fame.”

Wilson’s autobiography, “*Where Am I Now? - True Stories of Girlhood and Accidental Fame*,” was published in 2016.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers.



“I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND.”

—HARPER
adopted 08-18-09

A PERSON
IS THE BEST
THING TO HAPPEN
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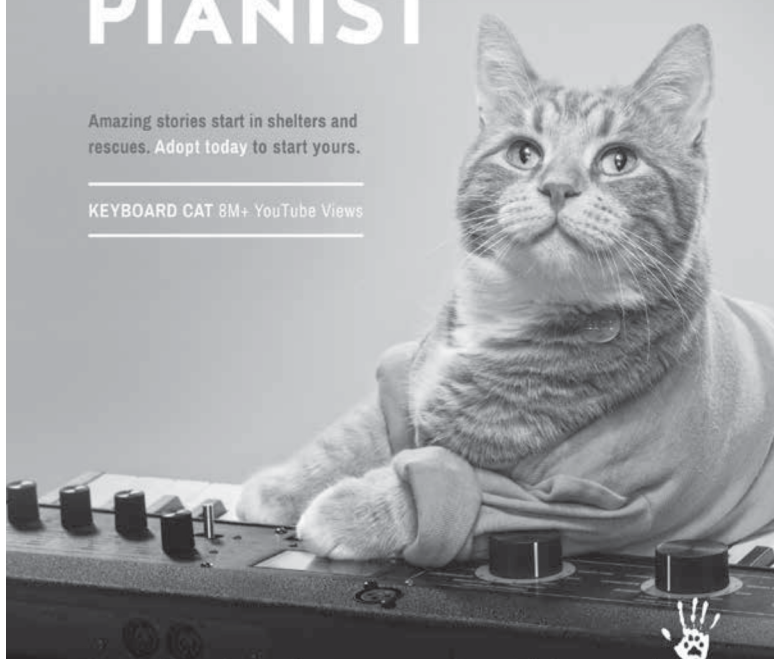
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Maddie's Fund

Crossword Puzzle Answers from page 12

1	P	2	S	3	A	4	T		5	R	6	O	7	B	8	B		9	G	10	E	11	E	12	S	13	E
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Judge Judy

Continued from page 15

Pee on My Leg and Tell Me It's Raining”), Sheindlin was approached about starring in a new reality courtroom series, featuring “real cases with real rulings.”

She accepted the offer, and her ongoing syndicated court show, “*Judge Judy*,” debuted on Sept. 16, 1996, and has remained the No. 1 rated court show and regularly draws nine to 10 million viewers daily.



“*The Judge Judy*” courtroom series has earned Sheindlin numerous awards and honors, including a star on the Hollywood Walk of Fame and induction into Broadcasting & Cable’s Hall of Fame. In addition, she has received the Gracie Allen Tribute Award from the Alliance for Women in Media and the Mary Pickford Award from the Hollywood Chamber Community.

After being nominated 15 times for the Emmy, the show won its first Daytime Emmy for Outstanding Legal/Courtroom Program in 2013 and won it again in 2016 and 2017.

Sheindlin’s status as longest-serving judge or arbiter in courtroom-themed program-



ming history rewarded her a place in the Guinness World Records.

There have been numerous books and articles about the iconic figure of Judge Judy, but none is more revealing than Sheindlin’s first autobiography, “*Don’t Pee on My Leg and Tell Me It’s Raining*.” Read it, you’ll like it.

Fabulous Finds

Continued from page 13

metics also carefully curates limited-edition collections. These collections use licensed characters, films, or properties that provide customers an opportunity to truly immerse themselves in the world of their favorite characters and films. Recent collections include Marilyn Monroe, Mary Poppins, and Disney Princesses, including Snow White and Aurora from *Sleeping Beauty*.

As Bésame Cosmetics’ growth continues to scale, it decided it was time to find a 3PL partner to help scale fulfillment operations. It has now partnered with OceanX. Visit www.besamecosmetics.com



Money Saving Ideas

Summer, Spending and Savings

With vaccination rates increasing, Americans are heading outdoors and gearing up for a summer of fun. Google searches on terms like “camping” and “beach vacation” are trending up. And many kids will be returning to summer camp for the first time since the pandemic.

For the majority of Americans, summer 2021 may finally welcome a return to normal. However, this summer season also stands to be one of the priciest couple of months to date.

The latest Consumer Price Index shows that prices have gone up 3.8% (excl. food and energy prices) in the last year and online prices have climbed even higher for consumers. According to Profitero, an eCommerce analytics company, online prices are 4.6% higher than the start of last summer.

As parents finalize their summer plans, from summer camps and recreational sports leagues for the kids to prepping for long-awaited family vacations, they’ll need to shop around for deals and keep a close eye on price if they want to minimize cost on popular summer products. This is especially true as pricing for the sports and outdoor products are up 4.2% on average compared to last June.

Where can you find the best deals on summer gear? While it’s always best to shop around,



ECPI figures reflect the aggregate of the month-over-month % changes starting June 2020.

it’s good to first start your shopping at the lowest price retailer. Analytics company Profitero recently compared pricing on summer and outdoor gear at three major U.S. retailers, Amazon, Walmart and Target, and Amazon’s prices across the sports and outdoor category are 2% cheaper than the prices online at Walmart, and 9% cheaper than Target.

Other advice for finding the best deal:

- Sign up for loyalty programs such as Prime, Target Circle and Walmart+ for member pricing, special perks and additional savings opportunities.
- Plan to do the bulk of your shopping around retailer promotional events.
- Check online prices often as many retailers update and adjust pricing daily.

Heed these hints and you and your family can enjoy this summer season without having to open your wallet too wide.

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Healthy Aging

3 Safe Senior Exercise Options For Summer

Sunshine and warm weather have many people thinking about new workout options. If you're ready to kickstart your fitness routine—but want to do so safely—consider these three simple tips:



Now's the time to kickstart your summer exercise routine. Pair up with a friend for extra fun and motivation.

1. Check in with your gym about its COVID-safe offerings.

Many Americans who have been avoiding public places this past year are now looking to expand their horizons, including going back to a gym. Growing numbers of gyms now offer outdoor workout spaces that include many of the weight training and aerobics equipment choices you previously enjoyed indoors—treadmills, stair climbers, weight machines, free weights—and even outdoor classes. Outdoors or indoors, many gyms continue to maintain at least six feet between each workout station, require masks within the space, and provide free hand sanitizer, clean equipment assurances and other COVID-safe protocols. Give your gym a call or visit the location to find out what specific COVID-safe guidelines are in place there, so you can determine whether you're ready to resume your gym routine.

2. Increase your outdoor exercise routine. After being cooped up for months, getting outside can work wonders for your physical health and

emotional well-being. Take yourself to a park to explore a new walking or hiking path. There are several apps that can locate hiking trails near you. Challenge a friend to a regular game of tennis, pickleball or bocce ball. Or dust off your bicycles and enjoy the freedom of feeling the wind in your faces. Establishing a fun exercise routine with a friend can motivate you to keep it up and help lift your spirits. Older adults reported increased feelings of isolation last year. Exercising with a friend can help you shake off the loneliness blues.

Being outdoors offers the added benefit of providing you with a dose of vitamin D. Your body needs vitamin D to absorb calcium and to enhance bone health and immune system function. Regularly spending time outdoors is the most natural way to get the recommended 10 to 30 minutes of sun exposure several times a week. Just don't forget to put on sunscreen.

Continued on page 28

ADMIT
ONE

By Randal C. Hill

Movie Preview

'Jungle Cruise'

Visually, Disney's "*Jungle Cruise*" could be considered a mashup of the "*Pirates of the Caribbean*" franchise and stunt-fueled Indiana Jones movies, with elements of the 1951 Bogart-Hepburn film classic "*The African Queen*" thrown in for good measure.

The idea behind this summer's probable first blockbuster movie had kicked around the Disney organization for quite a while. It was 15 years ago that Disney's story creators first produced an idea structured loosely around Disneyland's popular Jungle Cruise ride. For various reasons, though, the idea was shelved until 2015, when the "*Jungle Cruise*" script was finally green-lighted.

The completed offering has been on hold since 2019. But with the pandemic easing its grip this summer, Uncle Walt's outfit is set to launch the slam-bang action tale — all family-friendly, of course — nationwide. The film cleverly incorporates some of the standard elements of Disney's popular Adventureland attraction — the *ooing* and *ahhing* over the scenery, the constant threat of danger, the appearance of potential interlopers.

"*Jungle Cruise*" stars two

of the day's most bankable actors: Duane "The Rock" Johnson and Golden Globe-recipient Emily Blunt. Johnson portrays Captain Frank, the wisecracking owner/guide of a ramshackle riverboat headed up the mighty — and often mysterious — Amazon.

UK-born Blunt is the determined British explorer Dr. Lily Houghton, who is on a unique mission. "Legend has it that there is a tree that possesses unparalleled human power," she explains to Frank. "It'll change medicine forever." But jaded Frank dismisses the tree as being the centerpiece of a long-running jungle rumor and opines with a sneer, "You're searching for something that can't be found."

He also offers a grim caveat to the brave doctor: "Everything that you see wants to kill you — and can." In time, "everything" will include a litany of dangers that range from dart-shooting marauders to daunting and deadly creatures to churning hold-on-for-dear-life rapids.

The supporting cast features Jack Whitehall as Lily's brother McGregor and Paul Giamatti as a crusty harbormaster. Edgar Ramirez and Jesse Plemons ramp up the tension as

torpedo-launching German intruders determined to find the mystical tree first.

The "*Jungle Cruise*" script came to life in the deft hands of respected action-drama director Jaume Collet-Serra ("*Non-Stop*," "*Run All Night*").

When it comes to movie settings, a dense, foreboding jungle can offer a wide variety of possibilities. Of course, what's also beyond that is the right story, the right cast, and the right director. With "*Jungle Cruise*," Disney has checked all the boxes and is on track to release its first post-pandemic movie winner on July 30.



The Gadget Geezer

By Les Goldberg

BBQ Grillin' 'n Summer Sizzlin'

Remember when charcoal briquettes, a can of lighter fluid, a match, and a kettle grill were the symbols of outdoor barbecues and picnics? Well, those days are long gone, replaced by a whole inventory of high-tech gizmos designed to make your summer BBQing more flavorful, safer, and environmentally friendly.

Let's start with the grills. They come in all types, shapes, sizes, and prices, so I am going to highlight three different models at the low, middle, and high of the cost spectrum. When considering what kind of grill to buy, you must decide between gas and charcoal models, or whether you want an electric, kamado (ceramic-lined, high heat, pizza-like ovens), or pellet grills that use electricity with hardwood pellets.

The Coleman Sport Roadtrip Propane Grill



For budget-conscious consumers, the Portable Coleman Sport Roadtrip Propane Grill is one of the most popular

backyard additions at \$199.

It features a wheeled stand for easy mobility, a lift-and-lock system for stability, an electronic insta-start ignition system, and a removable tray that collects grease while you cook.

In addition, it has a porcelain-coated, stamped-steel grate, a collapsible propane grill and is available in red, black, or multicolor colors.

Weber Spirit E-310



For those of you who want a full-featured grill but are willing to spend a little more, the Weber Spirit E-310 Liquid Propane Gas Grill could be the perfect fit at \$569.

What you are getting for your money is Weber-brand stainless steel, a 130-pound grill with three stainless steel burners, two side tables, and two swivel casters. It also features a heavy-duty, porcelain-enamelled lid and cook box that is rustproof.

The grill has a 32,000 BTU output per hour, comes in

black, and works with a standard 20-pound propane tank which is sold separately. Expert assembly is available for a \$94 surcharge. If you buy it from Amazon, check for a discount.

The FirePit+

Selling like hotcakes at outdoor furniture stores this season is patio firepits. While the pandemic lingers on through the summer and many people are still leery about going to the parks and beaches, the yearning for fire-roasted marshmallows and hotdogs dangling from bent wire coat hangers continues unabated.

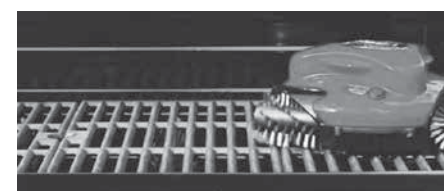
That is why firepits like those from BioLite Energy are so popular. For example, its \$249 FirePit+ provides the warmth, smell, crackle, and feel of a wood campfire – without any of the smoke.

According to the company, its award-winning firepit “creates hyper-efficient flames with patented airflow technology and gives you a front-row seat to the magic” of a real campfire. “All you have to do is lift the fuel rack and toss in charcoal or wood to transform it from a fire pit to a portable hibachi-style grill, complete with a grill grate.”

A free Bluetooth app controls the size of the flames manual-

ly or remotely. Other features include a body design to radiate heat outward, a high-temp enamel coating for durability and easy cleaning, a heavy-duty battery for longer burn times, and a weight under 20 pounds.

Grillbot



It's not new, but it is a must for anybody that detests cleaning a dirty BBQ grill. The Grillbot is a Roomba-like robot.

Place the fully automated device on your grime-covered grill, press a button, and its replaceable wire brushes, three strong electric motors, and “smart brain” do the rest.

Included with your \$109 purchase are a choice of colors, a rechargeable Lithium-Ion battery, and an LCD alarm and timer.

Light it Up



Last, but certainly not least, is the latest solution for replacing the old-fashioned method of

lighting a fire in a traditional charcoal or wood BBQ grill – the Looftlighter.

No lighter fluid, chemical fuels, or matches are needed for this patented technology that uses a 1,256-degree Fahrenheit airstream to ignite the grill.

The Looftlighter also features an on/off switch that immediately shuts off the flame and has a safety casing that cools to the touch a few seconds after use.

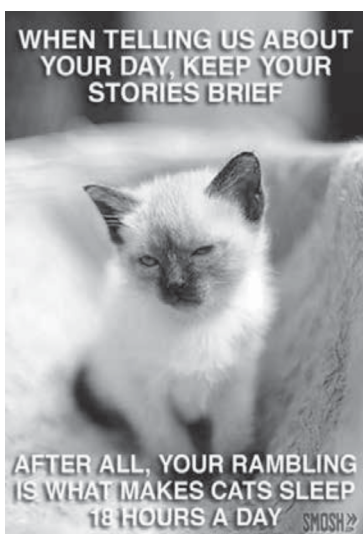
Customers also like the built-in hook that doubles as a bottle opener and the 10-foot cord for reaching most electrical outlets.

“If you are a charcoal grill user this is a must-have tool,” said one customer.

Price: \$89 at Amazon.



unicef



Senior Exercise Options

Continued from page 26

3. Augment your workout with home exercise classes.

National guidelines recommend that you get at least 150 minutes per week of exercise. To make sure you're meeting that, augment your workout routine with home exercise classes that you can view on your laptop, phone or other devices. For best results, mix things up. Incorporate cardio exercise classes with strength training videos that use resistance bands or free weights. If you want to improve balance or flexibility, try a yoga or tai chi class. Popular options such as the Silver&Fit® Healthy Aging and Exercise program offer a wide range of free online classes specially designed for older adults. Classes premiere daily on Facebook Live from 8 AM to 4 PM Pacific time, 6 days a week. You can join the scheduled classes at <https://www.facebook.com/SilverandFit> to enjoy engaging live with other online viewers. Or you can view the replays on YouTube at a time that's convenient to you. You'll find them at: www.youtube.com/silverandfit.

Now can be your time to get back into a fitness routine—or start a new one. Find workout options that you love and that motivate you to stick with them. Then make the most of the season. As always, before you start any new exercise routine, talk to your doctor to discuss your goals and what types of exercise might be safest for you.

Hints for Homeowners

Pointers on Preparing For Power Outages

More Americans suffered extended power outages in 2020 than any year since Superstorm Sandy struck the New York area in 2012, according to Generac, owners of Power Outage Central, a real-time outage tracking service that monitors outages throughout the United States.

"In 2020, more than one out of three Americans experienced a power outage, and the U.S. power grid suffered more outage hours than it has in years," said Russ Minick, chief marketing officer for Wisconsin-based Generac. "With people still working, learning and shopping from home, everyone must prepare earlier for outages that accompany severe weather."

Outages are statistically much more common than many other threats to the home, according to Generac's data. In fact, while about 12% of homes are at risk of flooding according to the First Street Foundation's flood database¹, every home is at risk of losing power. Unlike with floods, however, there are multiple ways to safeguard against loss of electrical power.

"There are three key paths to protecting power supply, said Simon Allen, president of Allied Energy, a backup power solution provider in San Diego, Calif. "These include



A solar energy storage system can be permanently installed in your home to protect your family and possessions from power outages.

portable generators, which are a short-term solution; home standby generators; and solar energy storage systems. Solar energy storage systems and home standby generators are permanently installed and can provide secure sources of power for longer periods."

Each system requires advance planning, including local permitting and installation, said Allen, but secure power is worth it.

"Life gets very primitive and dangerous when the power is out. With outages lasting longer and occurring more often, all against the backdrop of people working and learning from home, our customers are turning to Generac home standby generators and PWR-cell battery storage systems. Effectively, they're making their homes a sanctuary against Mother Nature's threats."

Picking the correct solution varies for every homeowner, said Stephen Cruise of Generator Supercenter, a Tex-

as-based provider of power solutions. "A generator will run nearly indefinitely on propane or natural gas," he said. "With correct power management, a solar energy storage system can also power the whole home for extended periods. It comes down to preference, local codes and budget. The best place to start is finding a great local installer who can help make the decision easy."

"Authorized dealers and installers know local codes and are factory trained," said Minick. "They're experts in local needs and can provide a one-stop solution for every homeowner."

All the resources needed to acquire and install backup power are available at www.generac.com. Prices fit most budgets and vary depending on factors such as the size of home, the electricity needed for backup and preference for solar or generator-based options.

¹www.firststreet.org data indicates that 14.6 million U.S. households are at risk of flooding out of 122.8 million nationally





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The individuals pictured above are models and are not actual therapist and patient.

Busy Boomers

By Les Goldberg

Can Laughter Cure the COVID Blues?

We can all agree that this pandemic we have suffered through for the past year and a half is no laughing matter. Thousands of Americans have died and so many more will be feeling the after-effects for a long time, if not forever.

It begs the question: Is laughter really the best medicine, as *"Reader's Digest,"* and other so-called experts have claimed for as long as I can remember?

Most humorists will say yes. And one of America's most revered humorists, Mark Twain, once said: 'The human race has one really effective weapon, and that is laughter.'

They will tell you that throughout history, including World Wars, the Cold War, devastating hurricanes and floods, 9/11, recent Jan. 6 insurrection and other events that have drained our ability to laugh, people have a way of finding humor amid the chaos.

I, for one, highly recommend it. Now that we are approaching the light at the end of the long pandemic-infested tunnel with vaccinations on the rise and the COVID-19 cases decreasing, the idea of laughing more is appealing. Isn't that what we do when we reunite with family and friends?

I like what Comedian Brad



Nieder said during a speech to a group of college alumni:

'Laughter: it's better than placebo! Who knows how many times a day we are laughing as adults?' he asked the audience. 'The average is about 10. Preschoolers, on the other hand, laugh about 400 times a day! What has happened?'

He continued by saying that 'people who laugh a lot feel up to eight years younger and consequently live longer. It's important to remember that there's still humor and absurdity – even in a pandemic.'

Scientists who have researched the subject of laughter and its effects on the human body and mind explain that humor has several benefits, including:

- It strengthens our immune systems by increasing our antibody-producing cells.
- It provides pain relief.
- It improves positive emotions, regulates stress and improves our relationships.

According to the Association of Applied and Therapeutic Humor (yes, there is such an organization), people experience a 39 percent reduction in

stress just by anticipating humor.

That is why they recommend you follow their advice to be pro-active about finding ways to laugh – like:

- Subscribing to funny YouTube channels. Search for 'popular comedy' or 'funny videos'.
- Watch comedians online and on TV, i.e.: Jimmy Kimmel, Jimmy Fallon, James Corden, Stephen Colbert.
- Share old stories, in-person if possible, or on Skype, Zoom or FaceTime.
- Tell jokes, play games and laugh at yourself (does your face mask make your hair stick out on the sides?).
- Read the many books about humor and by well-known comedians.



One such publication is by Orange County-based author and award-winning humorist, Jan Marshall. The Laguna Hills resident, founder of the International Humor and Healing Institute, and author of the book *"Dancin' Schmancin' with the Scars,"* who says:

'Humor as a universal language promotes rapport among individuals. It has the potential, along with art, athletics

and music, in creating a liaison between people, perhaps the ultimate common denominator. Through shared laughter we will bring about our global purpose of caring for one another.'

Another of my favorite books is entitled, *"So You Think You Can 'Geezer' – Instructions for becoming the old coot you have always dreamed of."*

Author Ben Goode offers five good reasons to be glad you're a Geezer:

- You have been through nearly every kind of depredation imaginable and survived ...so you know you can handle just about anything.
- You are capable of living without your cell phone for more than 24 hours.
- You are capable of letting your cell phone ring, beep, play or whatever, without answering it until you're darned good and ready.
- You can go for days and weeks without turning on your computer.
- You know pretty much everything.

If you are as old as I am, you probably remember the legendary Graucho Marx. He once was interviewing an author and said: 'From the moment I picked up your book up until I laid it down, I was convulsed with laughter. Someday I intend to read it.'

Clearly, considering every-

thing we've been through these past many months, humor could be just what the doctor ordered.

New Attractions

Continued from page 19

notch variety of attractions and close proximity to Great Smoky Mountains National Park has endeared Pigeon Forge to multiple generations of families. We take great pride in the 60 years of cherished memories made in our city and look forward to many more."

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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled

around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

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